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**CLAIMS:**

1. Oral composition comprising as abrasive a mixture of a  
lanthanide metal oxide and a further abrasive,  
5 characterised in that the lanthanide metal oxide has a  
weight average particle size of from 0.5 to 50µm.
2. Oral composition according to claim 1, wherein the  
further abrasive is selected from silica, calcium  
10 carbonate and mixtures thereof.
3. Oral composition according to any preceding claim,  
wherein the lanthanide metal oxide is lanthanum oxide or  
cerium oxide.  
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4. Oral composition according to any preceding claim,  
wherein the lanthanide metal oxide has a weight average  
particle size of from 0.6 to 10µm.
- 20 5. Oral composition according to any preceding claim,  
wherein the further abrasive is calcium carbonate and is  
present at from 10 to 60% by weight of the composition.
6. Oral composition according to any of claims 1 to 4,  
25 wherein the further abrasive is silica and is present at  
from 3 to 15% by weight.
7. Use of from 0.01 to 5% by weight lanthanide metal oxide  
as an abrasive in an oral composition.

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